

Are your pleasures healthy?

2018-09-07



Health

It is hard to imagine the world without pleasure. Clearly, some pleasures are good for you and some injurious to your health. But as long as moderation is key you can enjoy your healthy and pleasant life.

Sex... It's What the Doctor Prescribed



Here's one more reason to have sex. Recent studies have shown that regular sexual activity can reduce the risk of heart attack and stroke. Besides being a great way to raise your heart rate, sex helps keep your hormones (estrogen and testosterone) levels in balance.

Sex and intimacy can boost your self-esteem and happiness. It can help relieve stress by raising endorphins that boost your mood. It's free prescription for happy and healthy life.

Sex also is a really great form of exercise. If performed safely, sex is simply another form of exercise that can lead to a longer, happier life. It won't replace the treadmill or running, but it counts for something. Kissing is 68 calories per hour but having sex is 144+ calories per half-hour. The best way to maximize calorie burning during sex is to make sure you orgasm. Experts estimate that women who have the orgasm during sex burn more calories during lovemaking than those who don't. So enjoy your pleasant workout!

Why is coffee good?



Over the years some 19,000 studies have analyzed the health impact of coffee—and if you're a coffee lover, you'll be pleased. As acutely you can drink coffee and live longer. The most impressive health benefits of coffee include its ability to improve cognitive health, helps to sharpen your mental focus, boost energy levels, aid in weight loss efforts, helps to optimize the metabolism, and protect the cardiovascular system against damage.

A new study found that drinking coffee could lower your risk of death. Researchers from the National Institutes of Health and the AARP, led by Neal D. Freedman gathered information from 229,119 men and 173,141 women who were part of the AARP Diet and Health Study. After 13 years, men who drank two to three cups of coffee a day had a 10 percent lower chance of dying, compared to men who didn't drink coffee. Women who drank the same amount had a 13 percent decreased risk. While this is the largest study to examine the benefits of coffee, more research is needed to determine whether coffee can directly help people live longer.

Beer, thirst quenching, and cholesterol lowering



Beer is an alcoholic drink that is prepared using barley, hops, yeast, and water. Beer is not a healthy drink of course, but it can be part of your healthy diet. Beer contains protein, antioxidants, vitamin B12, B6, folic acid, and minerals, isn't just empty calories.

Beer, if consumed in moderation, has many health benefits, including the obvious: stress reduction and relief from insomnia. Low amounts of alcohol put stress on your body and cells, which may help your brain adapt better to more stressful situations. Beer, like other alcoholic beverages, has been linked to cleaner arteries as well.

Beer acts as the diuretic and significantly increases urination. This facilitates the increased removal of toxin from the body. Moderate beer drinkers – 1 12-ounce beer a day for women and 2 for men –may be less likely to get kidney stones than non-drinkers. One study published in the Journal of the American Medical Association found that moderate drinkers were 38 percent less likely to have osteoporosis than non-drinkers.

Beer also is a good source of soluble fibers that promote general health but drinking beer in excessive amounts is dangerous to health and can negate any beneficial effects.

Sugar's effect on your health



Studies indicate that a high-carbohydrate diet (sugar) increases our chances of heart diseases, diabetes, cancer and other diseases.

Too much sugar raises your levels of unhealthy blood fats known as triglycerides – which your liver repackages as fat and dumps into your bloodstream, where it clogs up your arteries.

Doctors believe that frequent, large doses of sugar are toxic to your cells and cause the damage that can lead to cancer.

You can't avoid sugar, but you can limit your daily total to 30 grams – or about 8 teaspoons. Remember 1-teaspoon equals 40 calories, which quietly can break any diet.

You can wean yourself from your sugar fix by gradually reducing the amount of sugar you add to coffee, tea, cereal, and other foods. If you are going to consume sugar, try to use healthy sugar alternatives like agave syrup, coconut sugar or delicious and healthy honey. Natural sugars are much better for you. There are many reasons to use honey for its nutritional value and how it may contribute to better overall health.

Honey, particularly raw honey is a potent antioxidant; it contains phenolic compounds, which rank highly for fighting against free radicals and cell damage caused by toxins and pollutants. Some studies have found that honey can potentially help to prevent heart disease and cancer. It may also be beneficial for maintaining blood glucose levels for diabetics. Honey is predominantly carbohydrate but also contains amounts of protein, enzymes, vitamins, and minerals. Honey is known to be plentiful in both enzymatic and non-enzymatic antioxidants.

Watch what you drink. Learn to read the labels before you buy. You may be surprised what you find. The World Health Organization recommends eating no more than 25 grams of sugar per day – less than what's found in a single soft drink.

Cook creatively, experiment with ingredients as honey, cinnamon or ginger, and fruits, which add natural sweetness and flavor. Replace your candy bar with nutrient-packed fruits like bananas. Many fruits can be baked to make them sweet dessert-like. For example, you can bake an apple and then add cinnamon.

If regular water isn't enough to keep you happy, try flavoring it with natural flavors. Squeeze some lemon for more health benefits and pleasant taste.

Going organic has expanded its meaning



Today, living organically is a choice we can make. Organic food is one sure way to guarantee that food you are eating and feeding your family is good for their health. The benefits of choosing organics are many but avoiding agricultural chemicals is one of the top reasons to eat organic food. When you buy organic food, you're making a commitment to your own health, and in turn, to the health of the planet. When you choose organic food and other products, you are helping more than yourself. You are supporting producers and farmers who work hard to meet the standards because they deeply believe in good health and quality.

Like making the switch to organic food or clothing, switching over to organic cosmetics, body care, and personal care products won't happen overnight. Start with the products you and your family use most frequently, on a daily basis. Remember, kids, absorb more chemicals into their bodies, pound for pound than adults do. National Geographic's Green Guide recommends selecting products that contain no more than 10 ingredients, stating, "The fewer the ingredients, the less likely you are to be exposed to a potentially irritating or harmful chemical"

The best things in life are organic. Organic foods or cosmetics are not the only way to prove your allegiance to the environment. Go green with your wardrobe as well. Drape yourself in all-natural linens, cotton, and silks. Organic clothing may cost more up front, but it has substantial benefits over the long term. Look for modern clothing that is made out of organic cotton, hemp, bamboo, wool, cashmere, or silk and check the label for no chemical finishes, non-toxic dyes and inks, and fair labor practices.